### THE WRONG WAY TO WALK

Inelegant and Slovenly Gait Noticed All Too Frequently.

and beneficial exercises—is well dis- that in this vital process lies the cussed in Good Housekeeping:

Very stout or slouchy people allow the abdomen to "lead." Brain workers, worriers, all nervous and physically uncultivated people, let their heads lead; the head is further advanced than any other part of the person. Dyspeptics whose thoughts are centered on their stomachs, often unconsciously lead with the waist line just over the offending organ. Occasionally a weak-willed person permits the knees to lead. When a thin, bad walker moves rapidly, there often seems to be a race between nose and knees, and you watch to see which

will arrive at the goal first.

When a young woman's skirt and a young man's trousers show a bulging shape over the knees, their owners are leading sedentary lives or have never learned to walk correctly. This part of the lower limbs should be kept straight, and the ball of the foot, not the heel, should touch the ground first. When the head is bent for long hours over sewing machine or ledger or onion bed, it is not an easy matter to pull it back to its proper position and make it stay there, and it seems so much more easy and comfortable to let the chest sink than to hold it up to its right place; but the demands of health and beauty are identical in the matter of a head held easily, not egotistically, back, and a chest kept in the highest and most advanced position.

It is a striking tact that this attitude of head and cnest is expressive, not only of health and grace, but of the finer mental qualities. The embarrassed boy drops his head; if he would hold his head up, his nervousness would disappear. The shy girl thinks that every one in the room is looking at her, and her chest sinks; but if she would hold it up-assume the attitude of courage, though she have it not-she wouldn't care whether they looked or not. The self-conscious person who knows he is stiff and awkward, and who knows that his stiffness and awkwardness are the direct results of his self-consciousness, should imagine that a strong string is attached to the upper part of his chest and held by an invisible hand above him. All he has to do is to let his body depend from that string and keep his head well back of it, and his mind and body will alike become easy and free. The most graceful walker I ever knew told me that she habitually walked by the aid of this invisible cord.

#### Tooth Brushes.

Dr. S. H. Arnold gives some interesting facts and good advice in regard to that daily friend, the tooth brush:

bristles taken from the wild hogs of Russia or China. The handles are common beef bones. They are made mostly in Japan, France, England and Germany, and by one firm in the brushes are the best made and worst shaped. The French are next in quality, but far ahead in form. Germany and Japan are generally imitators. Some of the most expensive English and French, and all American brushes, are made in factories under more or part of the physician consulted. less sanitary conditions, but the cheaper grades, including all decman and Japanese brushes, are made in the huts of the peasants, where cattle, dogs, swine, fowls and humans are bone are given out by the dealer and taken into the country, where they are assorted by the aged and young children and diseased persons, the stronger members of the family working at more remunerative employment.

These cheap brushes are often in the most unsanitary and wretched surroundings imaginable, and it is a significant fact that after being made they are seldom sterilized before

The English brushes are generally very much too large to be efficient. The French are better shaped, but are apt to be too long of head, making much waste to the brush, and are too long of bristle.

A wide brosh is not advisable because it limits the movement possibly longitudinally to the tooth. Long bristles are not the best, because they bend when the brush is thrust back between cheek and teeth, and stay bent till the brush is withdrawn, thus missing the interproximal spaces so much in need of cleaning. Soft bristles become softer when wet, and If the surface of the bristles is concurve of the teeth, then when the brush is reversed and used on the lingual surfaces, only the ends of the brush engage the teeth; hence, more teeth are missed than cleaned, and has cleaned his teeth because he has brushed them.

Studying the brush over and what is required of it, it would seem that the brush best adapted to use in the human mouth should have a short, narrow head, with short, rather stiff bristles, trimmed straight longitudinally and convex latitudinally, that each line of bristles may come successively into use as the brush is rotated.

Breathing for Strength. Instead of the above heading night be written, "Breathing for life," For that is really what we do. And since this fact is so easily demonstrated, it is strange that we have much,

Walking-one of the most popular | not more quickly and fully discovered secret remedy for a thousand ills, if not "the fable fountain of immortal youth." Men have lived weeks without eating; days without drinking, and nights without sleeping; but howlong can we live without breathing? Twenty ounces of food and a few pints of water will supply the body one day; but, upon a low estimate, it requires thirty thousand pints of air in the same length of time.

The delicate machine which this volume of air enters is said to contain over 700,000,000 air cells, or little workshops. Into the walls of these there flows, like the sewerage of a great city, the foul, venous blood of the body. In these remarkable workshops it is quickly transformed into a rushing red torrent filled with lifegiving oxygen from the air. What a wonderful invention! What a miraculous process! 'And yet you are trusted with operating one of these instruments.

Would you note its magical effect under proper conditions? Then stand erect. Open the doors and windows; or, if you are sick in bed, have them opened. Lift your chest and chin, and breathe the invigorating air of heaven, till the muscles of your abdomen fairly bound with joy. Now, isn't that a tonic. Then take it many times a day. You can repeat the dose often. Even as I write the fresh air tickles my finger tips; for when we breathe deeply, it goes to all parts of the

To "The Sufferin' Neat."
There was a little woman
In a very sorry plight;
For, strange to tell, this woman
Disliked to dwell with light.

She closed her blinds up tightly.
Then craped the windows o'er,
For fear the blessed sunshine
Would spoil her walls and floor. This dainty little woman Grew very pale and thin. Just like the weak potato sproud In cellars deep and dim.

Ah, silly little woman!
You have faded out of sight,
Because you would not let in
The sweetness of God's light.
—Farm and Fireside.

Consumption Can Be Conquered. The universal interest in the Anti-Tuberculosis, movement is shown in every convention held to consider this work. The discussions are practical, not theoretical. The audiences are popular, not merely professional. The whole people are intereted.

In a session just closed at Atlanta, Georgia, many important and interesting phases of the prevention and cure of consumption were considered. Dr. C. P. Ambler gave a concise review of the duty of the physician in charge, to the patient and family. His paper was enthusiastically received and adopted as the sense of the League en this subject.

His points were as follows: First, Tuberculosis is not the fatal disease commonly believed.

Second-While communicable it can be made practically harmless by the United States. Probably English proper course on the part of the

Third-The chief cause of the high mortality is late diagnosis.

Fourth-Late diagnosis is caused by indifference of the patient to early symptoms and carelessness on the Fifth-By thorough, systematic in-

struction of the patient better results can be accomplished than by medica-

Sixth-Instruction of patient, famherded in common. The bristles and Ily and friends, and close observance on their part of the rules laid down will practically rob the disease of its method and means of extending.

Items that Count.

There is one important fact that should be indelibly fixed in the mind of every thinking, reasoning being, and that is that any physical derangement, no matter how slight, leaves its impress on the system, and that the individual can never be exactly the same as before. We know this is contrary to the opinion generally held, for we frequently hear the remark made concerning one who has recently passed through a slight sickness: The doctor says he is as sound as a bell now!" This is optimism, pure and simple, on the part of the physician, and it does good by establishing confidence in the mind of the whilom patient; but, in reality, it is not so. No disturbance of the normal course of the functions can pass away and leave things exactly as they were. A permanent damage has been inflicted, and although it is not appreciated at utterly fail to enter the spaces at all. | the time, Nature is a rigid bookkeeper, and these apparently trifling debts to caved longitudinally to fit the labial her are duly entered against the individual, and you may rely upon it that sooner or later the bill will be presented. It is the sum total of these minor injuries that become formidable-the accumulation of these trifthe user is deceived into thinking he ling derangements that break down constitutions ultimately.

> The Use of the Potato. According to statistics cited by Waldron in the Revue pour Tous, the potato is more largely used in Europe than any other food substance, the average amount annually eaten per capita being as follows in the different countries named: England, 242 pounds; Austria, 662 pounds; France, 697 pounds; Norway and Sweden, 739 pounds; Germany, 1,298 pounds; Ireland, 1.364 pounds. The per diem consumption for England is eleven ounces per day, and Ireland, three and threefourths pound, or nearly six times as

## STILL

Union Button.

#### THIS MATTER IS NOW SETTLED.

As the Button Proposition Has Been the Stumbling Block it is Now Be-Heved That the Difficulty is Draw-Ing to a Close.

dications are that unless something with the exception of taking a refertween the opposing interests will proposition, cease within a short time.

At a meeting between the committee representing the strikers and during the peace negotiations, was Suioson, twelve miles northward.

HOPES settled. This question is to be left to the employers individually, the association agreeing to withdraw the demand for the elimination of the union emblem. As the button propo-Perplexing Problem Has Been The sition has been the chief stumbling block during the latest efforts to reach a peaceable settlement of the difficulty, it is a general belief that the trouble is drawing to a close, as all the other terms of settlement made by the employers have been accepted by the officials representing the strikers. During the meeting with Mr. Farwell the substitute committee of the Teamsters' union assured the employers' representative that his terms of settlement would be satisfactory to the men, but that the result of the meeting would have to be reported to the general committee before any action could be taken,

Arrangements were made with Mr. Chicago, June 26. - All the ob- Farwell to meet representatives of stacles which have prevented an end- the general committee, when, according of the teamsters' strike appear ing to the labor leaders, the settleto have been eliminated and the in- ment of the strike will be completed unforeseen develops, hostilities be- endum vote by the strikers on the

#### Japanese Detachment.

Tokio, June 27.-It is officially an J. V. Farwell for the Employers' Asso- nounced that a Japanese detachment ciation, the question of a conspicuous in northern Korea completely occudisplay of the union button, which pied Kangsong. A few thousand Rushas been opposed by the employers sians, with artillery, retired toward

## THE COUPON CLIPPERS WANT WAR STOPPED

also to curb Japan.

few hundred million bonds and in the ped. deal of rake off secure the right

and these holders through the com- sian bonds, munity of interests have been patri-

New York, June 27.-There is much | should be generous, can afford to be talk on Wall street about peace be- generous, and, in fact, must be easy tween Russia and Japan. Every ef- to Russia. This means that they do fort is being made in certain finan- not want their bonds endangered. cial quarters to bring about peace and They are shouting at Japan to quit fighting, and would like to get the Certain life insurance companies government to frighten Japan, butt figuring of late in scandal are large in and save Russia from loss of anholders of Russian bonds. In the last other battle. If the land forces are ten years it has been sort of a finan- defeated again more money will be cial fad for some financial concern to asked by Japan in settlement. This send an agent to Russia and buy a is why they want the fighting stop-

When negotiations for peace start do business in that country. An in- in then there will be a great howl vestigation of some of these deals, it for Japan not to impose big money is talked, would show that some of terms. All the deceit of diplimacy the financiers operating managed to will be used to cheat Japan. Bulldozget personally fair commissions on ing and threats and all sorts of inthe Russian plan of doing business. | timidation will be used to get cheap Over a billion dollars has been sent terms for Russia by way of improving from this country to Russia for bonds, chances to get that interest on Rus-

The situation is fully known to otically shouting for peace ever since feel that the people of the United Japan showed who would win. Now States cannot be buncoed into butting they are using their usual influence into the game to save interest couto get fighting stopped. This done, pons for the bunch trying to use the they will shout for easy terms for government in their own selfish finan-Russia. They will insist that Japan cial designs.

### BLOODSHED IN RUSSIA.

Yesterday - Black Friday in Lodz - ter at dawn. surpassed all the horrors of Red Sunday in St. Petersburg.

While it is not yet possible to ascertain the exact number of the vic-

The trouble was initiated by the spot by the ambulance surgeons, social democrats and Jewish bund, comrades killed in the rioting Wed-

Christi passed off quietly, but during tories are closed and business is at the night workmen attacked the pa- a complete deadlock. trols. In this fighting two officers and seven Cossacks were killed. One ed to set fire to the government of the latter was shot by a girl of 12 offices, but were scattered by a strong years.

The city was given up to bloodshed. vailed all day. Barricades were hur- to strike. PLAYED A DOUBLE ROLE.

Promise to Cure His Wife.

istence. He was known to his friends

towns he represented himself as "Dr.

a farmer of Abingdon, Iowa, He is

LOST A DIAMOND NECKLACE.

tess, Who Waxed Indignant.

have been robbed of all their valua-

To Farm New Cabinet.

Largest on Record.

Bucharest, Roumania, June 27. -

The wheat crop of Roumania prom-

ises to be the largest on record, de-

signed June 20.

cure her of consumption.

Lodz, Russian Poland, June 24. - riedly constructed in the Jewish quar-

dred and thirty persons were killed outright during the fighting of Friday, and forty-one more died in the hospitals during the night. Of the tims, estimates place the number of wounded 320 sustained only slight inkilled and wounded as high as 2,000. juries, which were attended to on the

All the hospitals of the city are who were determined to avenge their filled to overflowing, and, owing to the insufficient number of beds, many of the wounded are lying on the Thursday, the feast of Corpus floors. All the shops, stores and fac-

The rioters this morning attemptforce of troops. The streets are At dawn Friday commenced a day heavily patroled by Cossacks and infantry.

A workman was murdered in the Anarchy and fierce street fighting pre- streets during the night for refusing

covered in a pawnshop. With the as-

sistance of the American embassy ef-

Secured \$310 From a Farmer on forts are now making to recover the stolen property. Considerable mys-Chicago, June 26. - Charged with tery surrounds the robbery. Susswindling numerous persons by pre- picion fell on a Russian countess, but tending to be a physician, Hepry when accused she threatened to sue Wolf has been arrested at his resi- the proprietors of the hotel and no dence here. The police say the man attempt has been made to prosecute lived a "Dr. Jekyll and Mr. Hyde" ex. her,

#### BARRICADES ARE ERECTED. as a traveling man, while in country Lodz is in a State of Panic, Many Deaths Having Resulted,

Hart." Wolf was arrested on com-Lodz, Russian Poland, June 26; plaint of Mrs. James Huey, wife of Since early this morning this city has been in a state of panic. The said to have secured \$310 from the strike is general, and all the factories woman's husband by promising to and shops are closed. Barricades have been erected at many points. Rifle volleys and revolver shots are heard continuously. Many persons Suspicion Fell on a Russian Coun- have been killed or wounded, but it is impossible at present to ascertain St. Petersburg, June 26.-Theodore the number with any exactitude, ow-S. Darling, of New York, and several ing to the general character of the other guests at the Hotel d'Europe disturbances.

The mob sacked a number of libles. Mr. Darling lost a diamond quor stores and broke the street necklace and quite a sum of money, lamps. Street railroad traffic is in-Subsequently the necklace was disterrupted.

Boycott American Manufactures. Madrid, June 27. - King Alfonso Island of Penang, Straits Settlecharged General Montero Rios, the ments, June 24. - The Chinese are former president of the Spanish sen- convening here to discuss the adopate, to form a new cabinet in place tion of a boycott of American manuof the Villaverde ministry, which re- factures until the Chinese exclusion act is repealed. It is said that the Chinese of the Malay states probably will follow.

Has Formed Cabinet.

Madrid, June 24.—General Montero spite the fact that some rust has ap- Rios announced that he has formed peared. The maize crop is in splen- a cabinet and the names will be presented to King Alfonso.

Tobacco Raising in Ireland.

The culture of tobacco has proved a great success on a farm at Randalstown, Meath, Ireland. On an area of twenty acres 14,000 pounds of leaf were raised.

Celebrate Old Custom.

An odd custom has just been cele brated at Arkutsk, a little village | THE DAISY FLY KILLER destroys all the flies and near Moscow. All the marriageable girls in the place were lined up on the principal street, arrayed in their gayest fineries. The matrimonially inclined young men passed along the line, and each chose the girl he liked best. The details were subsequently arranged by interviews with the girls' parents.

When Your Grocer Save he does not have Defiance Starch, you may be sure he is afraid to keep it un-

til his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands

Each individual has a perfect right to choose their station in life and then endeavor to make it something more than a flag station,

WELL DRILLING MACHINERY. PORTABLE and drill any depth by stedin or horse power. 42 DIFFERENT STYLES. We challenge competition. Send for Free Illustrated Catalogue No. 4. KELLY & TANEYHILL CO., 4 Chestnut St., Waterloo, Iowa.



## **More Converts Every Year**

Every day in every year that comes, more housewives are giving up their exhorbitant priced Baking Powders and turning to KC, the honest and reliable, which has stood so well the test of years. They are finding out that

# K C BAKING

costs one-third the price of powder anywhere near K C quality, and makes better, purer, more healthful baking. 25 ounces for 25c. Send postal for "Book of Presents."

JAQUES MFG. CO. Chicago, Ill.

## Truths that Strike Home

Your grocer is honest and-if he cares to do so-can tell you that he knows very little about the bulk coffee he sells you. How can he know, where it originally came from,

how it was blended—or with what
—or when roasted? If you buy your coffee loose by the pound, how can you expect purity and uniform quality?



LION COFFEE, the LEADER OF ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For OVER A QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.

LION COFFEE is carefully packed at our factories, and until opened in your home, has no chance of being adulterated, or of coming in contact with dust, dirt, germs, or unclean hands.

In each package of LION COFFEE you get one full pound of Pure Coffee. Insist upon getting the genuine. (Lion head on every package.) (Save the Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

# This Is What Catches Me!

16oz. - One-Third More Starch.



**FULL** POUND

No premiums, but one-third more starch than you get of other brands. Try it now, for hot or cold starching it has no equal and will not stick to the iron.